

□ GUMAZING

# 7-Day Kids Immunity Meal Plan

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*Simple. Delicious. Backed by Nutrition Science.*

A practical guide for parents who want to support their child's immune system through everyday food — with easy meals, smart snacks, and vitamin tips.

[gumazing.com](https://gumazing.com)

# Welcome, Parent!

You don't need a nutrition degree to feed your kids well. This 7-day meal plan was designed to be realistic, kid-friendly, and genuinely effective at supporting your child's immune system — using foods you can find at any grocery store.

Each day focuses on a specific immunity nutrient, includes 3 meals + 2 snacks, and pairs perfectly with [Gumazing vitamins](#) to fill in the gaps.

## ✔ What You'll Find In This Guide

- A full 7-day meal plan with breakfasts, lunches, dinners & snacks
- Daily immunity focus (Vitamin C, Zinc, Omega-3, and more)
- Easy food swaps for picky eaters
- Top immune-boosting foods to always keep in the house
- Vitamin support tips with Gumazing gummies

# Why Kids Need Immunity Support

Children's immune systems are still developing. From ages 2–12, they encounter hundreds of new germs each year — especially at school and in childcare. Nutrition is one of the most powerful ways parents can give their kids a natural edge.

## Key Nutrients for Kids' Immunity

| Nutrient                   | Why It Matters                         | Best Food Sources                            |
|----------------------------|----------------------------------------|----------------------------------------------|
| <a href="#">Vitamin C</a>  | Stimulates white blood cell production | Oranges, kiwi, strawberries, broccoli        |
| <a href="#">Vitamin D</a>  | Regulates immune response              | Fortified milk, eggs, sunlight               |
| <a href="#">Zinc</a>       | Helps immune cells grow & work         | Meat, eggs, pumpkin seeds, lentils           |
| <a href="#">Iron</a>       | Supports energy & cell function        | Red meat, spinach, lentils, fortified cereal |
| <a href="#">Omega-3</a>    | Reduces inflammation                   | Salmon, walnuts, chia seeds, flaxseed        |
| <a href="#">Probiotics</a> | Supports gut = immune system           | Yogurt, kefir, fermented foods               |

□ *Tip: You don't need to hit every nutrient every day. This plan cycles through them all across 7 days for a balanced weekly load.*

# The 7-Day Immunity Meal Plan

Each day features a nutritional theme, full meal plan, and a Gumazing vitamin pairing. Browse all products at [gumazing.com/collections/all-products-1](https://gumazing.com/collections/all-products-1). Portions are flexible — serve amounts appropriate for your child's age and appetite.

## Day 1 — Monday · Focus: Vitamin C Boost

| Meal            | What to Serve                                                              |
|-----------------|----------------------------------------------------------------------------|
| Breakfast       | Oatmeal with strawberries & kiwi<br>Glass of fresh orange juice            |
| Morning Snack   | Apple slices with almond butter<br>Water                                   |
| Lunch           | Whole-grain chicken wrap<br>Baby spinach + tomato<br>Carrot sticks         |
| Afternoon Snack | Gumazing Vitamin C & Zinc Gummy<br>Handful of blueberries                  |
| Dinner          | Baked salmon with broccoli<br>Brown rice<br>Lemon wedge (squeeze over veg) |

☐ **Gumazing Pick:** [Vitamin C & Zinc Gummies](#) — supports your child's Vitamin C Boost goals. Give with afternoon snack for best absorption.

## Day 2 — Tuesday · Focus: Zinc & Gut Health

| Meal          | What to Serve                                              |
|---------------|------------------------------------------------------------|
| Breakfast     | Scrambled eggs on whole-grain toast<br>Sliced banana       |
| Morning Snack | Plain yogurt + honey drizzle<br>Pumpkin seeds (zinc-rich!) |
| Lunch         | Lentil soup<br>Whole-grain roll<br>Cucumber slices         |

|                 |                                                              |
|-----------------|--------------------------------------------------------------|
| Afternoon Snack | Gumazing ZincPro+ Oral Spray<br>Cheese cubes + grapes        |
| Dinner          | Beef & vegetable stir-fry<br>Brown rice<br>Steamed snap peas |

□ **Gumazing Pick:** [ZincPro+ Oral Spray](#) — supports your child's Zinc & Gut Health goals. Give with afternoon snack for best absorption.

## Day 3 — Wednesday · Focus: Vitamin D & Calcium

| Meal            | What to Serve                                                       |
|-----------------|---------------------------------------------------------------------|
| Breakfast       | Greek yogurt parfait<br>Granola + mixed berries                     |
| Morning Snack   | Fortified milk or oat milk<br>Whole-grain crackers                  |
| Lunch           | Grilled cheese on whole-grain bread<br>Tomato soup<br>Side salad    |
| Afternoon Snack | Gumazing Calcium & Vitamin D3 Gummy<br>Orange segments              |
| Dinner          | Baked chicken thighs<br>Roasted sweet potato<br>Steamed green beans |

□ **Gumazing Pick:** [Calcium & Vitamin D3 Gummies](#) — supports your child's Vitamin D & Calcium goals. Give with afternoon snack for best absorption.

## Day 4 — Thursday · Focus: Iron & Energy

| Meal      | What to Serve                                                                      |
|-----------|------------------------------------------------------------------------------------|
| Breakfast | Iron-fortified cereal + milk<br>Sliced strawberries (Vit C helps iron absorption!) |

|                        |                                                                 |
|------------------------|-----------------------------------------------------------------|
| <b>Morning Snack</b>   | Edamame (lightly salted)<br>Water with lemon                    |
| <b>Lunch</b>           | Turkey & spinach sandwich<br>Whole-grain bread<br>Apple slices  |
| <b>Afternoon Snack</b> | Gumazing IronPro Oral Spray<br>Dried apricots (iron-rich snack) |
| <b>Dinner</b>          | Lentil & veggie curry<br>Brown rice<br>Naan bread               |

☐ **Gumazing Pick:** [IronPro Oral Spray](#) — supports your child's Iron & Energy goals. Give with afternoon snack for best absorption.

## Day 5 — Friday · Focus: Omega-3 & Brain Health

| Meal                   | What to Serve                                                        |
|------------------------|----------------------------------------------------------------------|
| <b>Breakfast</b>       | Chia seed pudding (made with milk)<br>Mango chunks on top            |
| <b>Morning Snack</b>   | Walnuts + raisins trail mix<br>Water                                 |
| <b>Lunch</b>           | Tuna salad on whole-grain wrap<br>Cherry tomatoes<br>Cucumber slices |
| <b>Afternoon Snack</b> | Gumazing Omega-3 Gummy<br>Sliced pear                                |
| <b>Dinner</b>          | Baked cod with roasted veggies<br>Quinoa<br>Steamed broccoli         |

☐ **Gumazing Pick:** [Omega-3 Gummies](#) — supports your child's Omega-3 & Brain Health goals. Give with afternoon snack for best absorption.

## Day 6 — Saturday · Focus: Antioxidants & Recovery

| Meal            | What to Serve                                                                   |
|-----------------|---------------------------------------------------------------------------------|
| Breakfast       | Blueberry pancakes (whole-grain mix)<br>Pure maple syrup<br>Glass of milk       |
| Morning Snack   | Smoothie: spinach, banana, almond milk, frozen mango                            |
| Lunch           | Homemade veggie pizza on whole-grain base<br>Side salad with olive oil dressing |
| Afternoon Snack | Gumazing Elderberry Gummy<br>Dark chocolate square + raspberries                |
| Dinner          | Grilled chicken kebabs<br>Bell peppers, zucchini, onion<br>Pita bread + hummus  |

☐ **Gumazing Pick:** [Elderberry Immunity Gummies](#) — supports your child's Antioxidants & Recovery goals. Give with afternoon snack for best absorption.

## Day 7 — Sunday · Focus: Family Reset & Balance

| Meal            | What to Serve                                                              |
|-----------------|----------------------------------------------------------------------------|
| Breakfast       | Veggie omelette (spinach, tomato, cheese)<br>Whole-grain toast<br>Fresh OJ |
| Morning Snack   | Fruit skewers: strawberry, melon, grape<br>Water                           |
| Lunch           | Homemade chicken noodle soup<br>Whole-grain crackers                       |
| Afternoon Snack | Gumazing Multivitamin + Probiotics Gummy<br>Celery + peanut butter         |
| Dinner          | Sunday roast chicken<br>Roasted sweet potato & carrots<br>Steamed peas     |

|  |                    |
|--|--------------------|
|  | Gravy (low-sodium) |
|--|--------------------|

□ **Gumazing Pick:** [Multivitamin + Probiotics Gummies](#) — supports your child's Family Reset & Balance goals. Give with afternoon snack for best absorption.

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## Picky Eater? No Problem! ☐ ☐ ☐

Here are simple swaps that keep the nutrition intact — even for the most selective eaters.

| If They Won't Eat... | Try This Instead       | Same Nutrient                        |
|----------------------|------------------------|--------------------------------------|
| Salmon               | Tuna in a wrap         | <a href="#">Omega-3</a>              |
| Broccoli             | Peas or edamame        | <a href="#">Vitamin C + Zinc</a>     |
| Spinach              | Blended into smoothie  | <a href="#">Iron + Vitamin K</a>     |
| Lentils              | Chicken or turkey      | <a href="#">Protein + Iron</a>       |
| Yogurt               | Kefir smoothie         | <a href="#">Probiotics + Calcium</a> |
| Eggs                 | Peanut butter on toast | <a href="#">Protein + Zinc</a>       |
| Orange juice         | Kiwi or strawberries   | <a href="#">Vitamin C</a>            |

# 10 Immunity-Boosting Snack Ideas

Keep these on rotation — they're quick to prep, kid-approved, and packed with immune-supporting nutrients.

| Snack Idea                                        | Key Nutrients                                    |
|---------------------------------------------------|--------------------------------------------------|
| Apple slices + almond butter                      | <a href="#">Vitamin C, healthy fats, protein</a> |
| Greek yogurt + berries + granola                  | <a href="#">Probiotics, antioxidants, fibre</a>  |
| Hard-boiled eggs + whole-grain crackers           | <a href="#">Zinc, protein, B vitamins</a>        |
| Hummus + veggie sticks (carrot, cucumber, pepper) | <a href="#">Iron, folate, Vitamin C</a>          |
| Trail mix: walnuts, pumpkin seeds, raisins        | <a href="#">Omega-3, zinc, iron</a>              |
| Smoothie: spinach + banana + almond milk          | <a href="#">Iron, Vitamin B6, calcium</a>        |
| Edamame (lightly salted)                          | <a href="#">Zinc, protein, folate</a>            |
| Cheese cubes + grapes + whole-grain crackers      | <a href="#">Calcium, Vitamin C, energy</a>       |
| Chia seed pudding with mango                      | <a href="#">Omega-3, Vitamin C, fibre</a>        |
| Peanut butter on rice cakes + banana slices       | <a href="#">Protein, potassium, healthy fats</a> |

# Vitamin Support Tips for Parents

Even the best diets can have gaps. Here's how to use [Gumazing vitamins](#) strategically — without stress.

## When to Give Vitamins

- Give gummies with a meal or snack — fat-soluble vitamins (A, D, E, K) absorb better with food
- Afternoon snack time tends to work best — kids are alert and not too full
- Build it into a consistent routine (same time each day) so it doesn't get forgotten

## Top Vitamins for Immune Support

### Gumazing Vitamin Picks for Immunity

- [Vitamin C & Zinc Gummies](#) — Daily immune defence, especially in winter
- [Calcium & Vitamin D3 Gummies](#) — Critical for kids who spend a lot of time indoors
- [Multivitamin Gummies](#) — Broad-spectrum daily support
- [Omega-3 Gummies](#) — Brain and immune health combined
- [Multivitamin + Probiotics Gummies](#) — Gut health = immune health (70% of immune cells live in the gut!)
- [Elderberry Gummies](#) — Powerful antioxidant + immune support
- [IronPro Oral Spray](#) — Easy iron delivery for picky eaters
- [ZincPro+ Oral Spray](#) — Fast-absorbing zinc for busy days

 Looking for a bundle deal? Check out Gumazing's [3-Pack Combos](#) and [4-Pack Combos](#) for great value.

## Signs Your Child Might Need Extra Support

- Gets sick frequently (more than 6-8 colds/year)
- Slow recovery from illness
- Low energy, poor concentration, or pale skin
- Very picky eating or limited diet variety
- Doesn't spend much time outdoors (low Vitamin D)

 *Always consult your paediatrician before starting new supplements, especially if your child has a health condition.*

# Your Weekly Immunity Shopping List ☐

Stock up on these once a week and you'll have everything you need to follow this plan.

## ☐ **Fruits**

- Strawberries
- Kiwi
- Oranges / orange juice
- Blueberries
- Banana
- Mango
- Apple
- Grapes
- Pear
- Dried apricots

## ☐ **Vegetables**

- Broccoli
- Spinach
- Carrots
- Bell peppers
- Cucumber
- Cherry tomatoes
- Sweet potato
- Green beans
- Snap peas
- Zucchini

## ☐ **Protein**

- Chicken breast / thighs
- Salmon fillet
- Cod fillet
- Ground beef
- Turkey slices
- Eggs
- Canned tuna
- Edamame

## ☐ **Grains & Legumes**

- Oats (rolled)
- Brown rice

- Quinoa
- Whole-grain bread
- Whole-grain wraps
- Lentils (red or green)
- Whole-grain crackers
- Iron-fortified cereal

□ **Dairy & Alternatives**

- Greek yogurt
- Milk or oat milk (fortified)
- Cheese
- Kefir

□ **Nuts, Seeds & Healthy Fats**

- Almond butter
- Peanut butter
- Walnuts
- Pumpkin seeds
- Chia seeds
- Olive oil

# Daily Nutrition Checklist ✓

Print this out and stick it on your fridge. Aim to tick off each box every day!

## ☐ Morning

- A breakfast with protein (eggs, yogurt, nut butter, milk)
- At least one fruit or vegetable
- Water or milk — no sugary drinks first thing

## ☐ Midday

- A lunch with a whole grain (bread, rice, wrap, crackers)
- A protein source (meat, beans, cheese, eggs)
- A colourful vegetable

## ☐ Evening

- A dinner with a variety of colours on the plate
- A calcium source (dairy, fortified milk, green veg)
- Limit screen time for 30 mins before bed
- A glass of water

## ☐ Daily Vitamins

- [Gumazing Multivitamin Gummies](#) — with afternoon snack
- [Browse all Gumazing products](#) — for your child's specific needs
- Praise your child for eating well — positive reinforcement works!

## A Note From Gumazing

Every child is different, and no meal plan needs to be followed perfectly. The goal is progress, not perfection.

If your child eats ONE more vegetable this week than last week — that's a win. If they tried a new fruit — that's a win. If they enjoyed their Gumazing vitamin without a battle — that's a win.

You're doing an incredible job. Good nutrition is one of the greatest gifts you can give your child, and you're already taking that step.

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